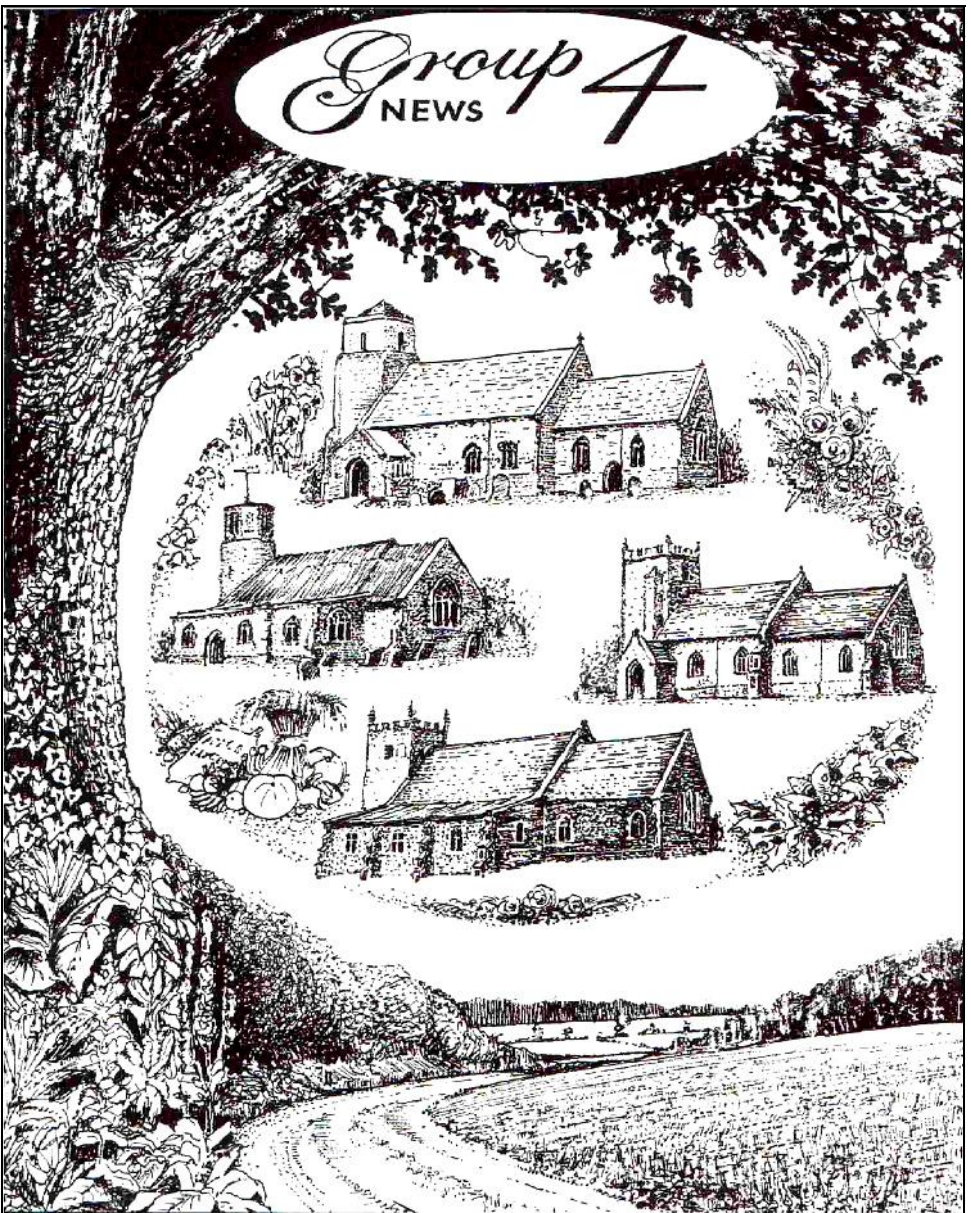


Group 4

NEWS



The Parishes of Barton Bendish & Eastmoor; Beachamwell, Shingham & Drymere;
Boughton; Wereham

October 2024

Cover illustration drawn by Mark Powell, Beachamwell ©

WELCOME



Once again we would like to thank

- ◆ Alan Pickering for dealing with the adverts
- ◆ Kevin Fisher for the website
- ◆ Andrew and Liz Stephen for collecting and delivering to the villages.
- ◆ Limetree Printers for their super efficiency.
- ◆ Everyone who has helped with G4N in any way.

We do appreciate your continued support.
As always, 'Happy Reading'
The Editorial Team
Eileen and Pam

Thanks to all contributors and apologies to any whose work has not been shown in this issue.

We promise to include your articles wherever and whenever possible. Please do keep them coming.

Many thanks to the distributors, we couldn't do without you!!!

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Deadline for copy for the November 24 edition:

11th October Please Note

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WHAT IS TRUTH?

This question was put to Jesus by Pontius Pilate, in the Gospel according to St. John (*John 18:38*), Said in response to Jesus' statement that He had come "*into the world to testify to the truth. Everyone who belongs to the truth listens to my voice.*" Pilate's reply has been the cause for debate ever since the publication of St. John's Gospel. Whist did he *really* mean? Was he merely joking or being philosophical? The question remains: what is truth?

The Oxford English Dictionary's definition is *a quality or state of being true and that which is true in accordance with fact or reality*. It seems to me statements or claims that fulfil that definition are becoming increasingly difficult to find! Yet remain important for us to form a judgement. How is that possible when we are being constantly bombarded with competing statements by apparently authoritative sources claiming to be true? Just before writing this article I had the dubious pleasure of listening to the debate between Donald Trump and Kamala Harris designed to garner votes in the upcoming U.S. Presidential Election next month. During that there were acrimonious claims and counter claims about truths (some of which had to be corrected by the moderator).

Surely facts and realities are not types of variable artefacts? Constructed to suit peoples' varying points of view or differing circumstances? Indeed, facts and realities should have the full potential of evidential verification. And those who make use of them in a cause, like the U.S. Election, should be prepared to submit their sources of information to scrutiny. Hopefully, that *would* tend to deter people from making up 'facts' while they are speaking or when posting items on social media. Such posts containing misinformation (and I would say downright lies) resulted in the riots in August. And the tragic way in which, particularly young people, have been influenced to take their own lives or self-harm themselves!

In my opinion, it is for us to search for such verification. Or to find reliable sources who can be trusted to use only verifiably truthful information. We use such information on a daily basis for decisions that affect our lives. What to buy, what to eat or drink, where to go, how to vote and numerous other determinations at which we must arrive.

It would be remiss of me not to mention meditation and prayer as way to find the truth of any matter. In St. John's Gospel Jesus says, "*If you continue in my word, you are truly my disciples: and you will know the truth, and the truth will make you free.*" (*John 8:32*) These days, those words free us from misinformation, partially truths and lies. And free us from undue influence to enable us to make up our minds. To find which paths to follow to our own benefit and those around us. We may pray that the world's problems may be settled with the use of truthful information and in a spirit of reconciliation.

Tony Mills

COUNTRYSIDE NOTES

In the last twelve months we've had a lot of unusually windy days and twelve named storms have hit Britain. Wind is a curious phenomenon, we can feel it and we can hear it but we can't actually see it even though we can observe its actions. As I lay in bed I can see the top of a large walnut tree and when there's a strong wind it's fascinating to watch the branches being buffeted. You'd think they'd all be blowing the same way but they don't. Instead each branch bounces and swirls in different directions.

The wind's force has been harnessed for centuries powering sailing ships and turning the sails on windmills which grind corn or pump water. Now, utilising coastal winds for leisure purposes has become very popular with sailing, wind surfing, kites and wind buggies. But wind is unpredictable and very temperamental. It can be cruel, it can be productive or it can be mischievous. Just watch what games it plays with autumn leaves!! At the height of its strength it can be downright wicked, causing death and destruction. On the other hand in moderation it's extremely useful. Modern wind turbines require a constant wind speed of over 14 miles an hour to work efficiently. Dust, sounds and smells are carried on the wind.

The jet stream is a narrow band of strong winds blowing from west to east, six to nine miles above the earth. They can reach speeds of 275mph and greatly influence our weather.

The given wind direction indicates where the wind is blowing from, not where it's blowing to, and affects the temperature. A north wind brings cold air from the Arctic, an easterly comes from Eastern Europe and is also cold but drier. Westerlies usually carry rain on them from off the Atlantic and southerlies bring warm air from southern Europe and Africa.

The traditional instrument to measure wind speed is a cup anemometer. It contains three or four cups placed on their sides attached to a central mast that can spin freely. As the wind blows, these cups spin and the number of times they rotate in a single minute is counted and converted to wind speed. Weather vanes and wind socks indicate wind direction. A sonic anemometer measures wind speed and direction by measuring how much sound waves transmitted between a pair of transducers are sped up or slowed down by the effect of the wind.

Wind speed is also measured by visual observation using a system devised in 1805 known as the Beaufort Scale. This uses a specific set of observable conditions on land and sea to estimate a range of the actual wind speed. Measured in this way zero is no wind and 12 is a hurricane. In weather forecast jargon approximate wind values are *light* equating to 5mph, *gentle* up to 12mph, *moderate breeze* up to 18mph, *fresh* up to 22mph, *gale force* 55 – 63 mph. A *hurricane* is classified as sustained winds over 72mph. But then there are gusts!

Jill Mason

RECIPE PAGE

APPLE CAKE

Ingredients



450 gm cooking apples (I mix cookers and well flavoured sharpish eaters like russets) peeled cored and chopped. I don't always peel all the apples or indeed any of them! Depends on toughness of skins. I also pulse in processor in 2 loads to chop them.

- 150ml milk
- 175 gm soft brown sugar
- 350gm sr flour, (can be half sr whole meal)
- 1tsp mixed spice
- 1tsp cinnamon
- 1tsp ginger
- 175 gm butter
- 2 eggs, beaten
- 25 gm Demerara sugar

Method

1. Mix apples milk and sugar in a large bowl
2. Mix flour and spices and rub in the butter
3. Add apples etc and eggs, mix well
4. Place in buttered and lined 20cm square cake tin or equivalent
5. Sprinkle with Demerara sugar
6. Bake at 170degrees for about 1 1/2 hours till golden brown

Rev. Pippa Blackall

SWAFFHAM AND LITCHAM HOME HOSPICE



Peter Harris, a Swaffham resident approaching his ninth decade, has always endeavored to keep fit. He has played rugby and ran marathons, and this year, his passion for long distance walking sees Peter lending his legs and solo walking 100 miles to raise money for Swaffham and Litcham Home Hospice Support.

From 21 to 26 October 2024, Peter will be making his way along the Peddars Way from South Pickenham to Holme-next-the-Sea and back again and South Pickenham to Knettishall Heath and back again, walking for 6-8 hours a day.

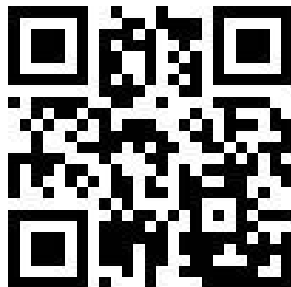
The funds raised will help Swaffham & Litcham Home Hospice to compassionately support people living in Swaffham and the surrounding area at a challenging time in their lives, enabling them to navigate their way through cancer, serious illness and grief. The S&LHHS team of staff and volunteers are there for people with cancer and their family members and those who are bereaved, wherever they are in their journey, providing free services and practical, emotional and psychological support.

To sponsor Peter and show your support,

contact Swaffham and Litcham Home Hospice on 01760 722937

or visit Peter's Go Fund Me page using <https://gofund.me/99d04e2a>

or by scanning the QR code



TOILETS

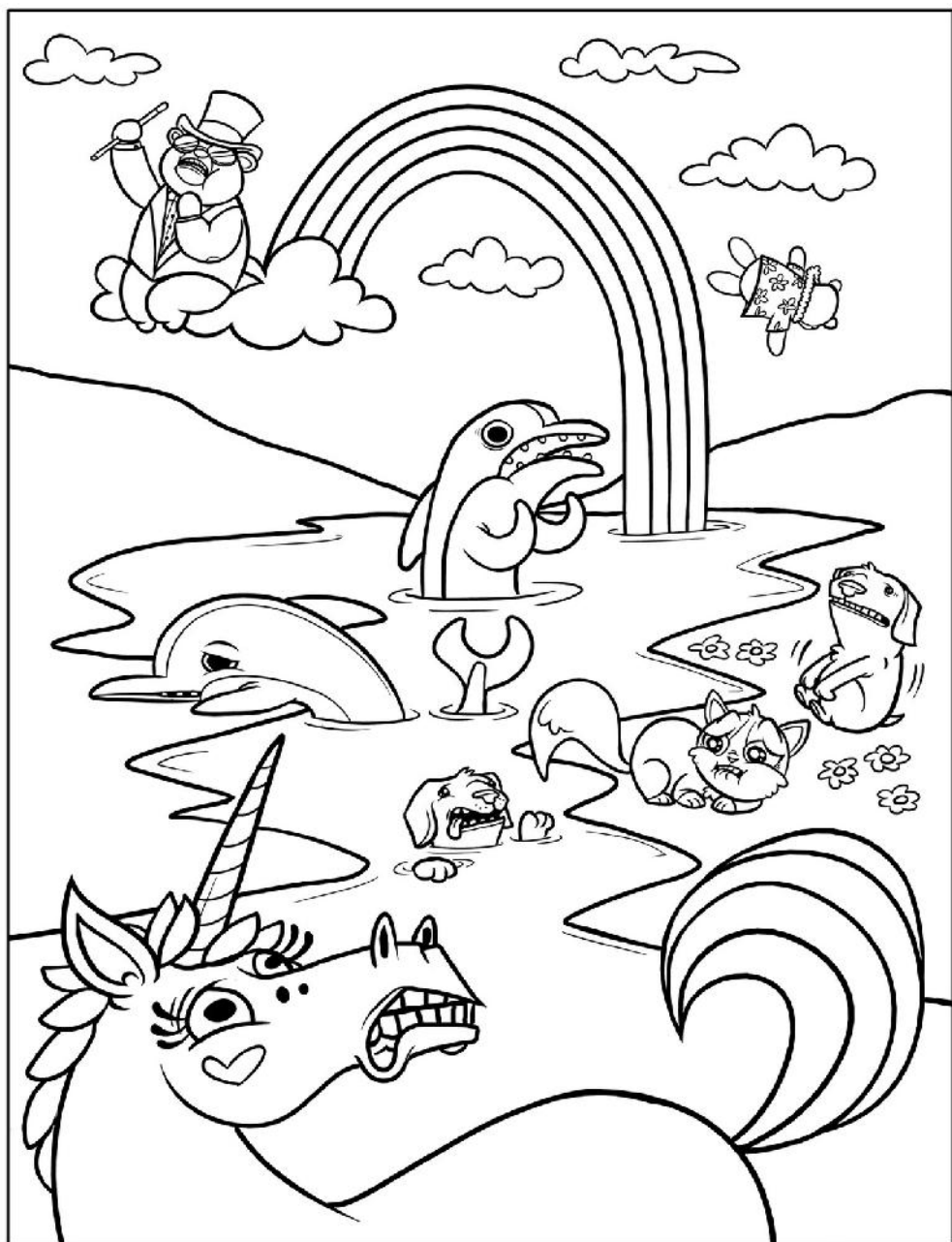
Toilet or not a toilet that is the question. I am talking about whether we should have a toilet in church. My aunt who is 85 plans her trips out around toilets, it is a fact of life for her. Also with mobility issues she doesn't want to go too far. At 65 I feel that that may be me one day. I remember before our church had a toilet built that people would come across to the house to use our toilet, particularly weddings and funerals when they had travelled long distances. These were often people who struggled to walk distances or those with young children. Events before the toilet would last 2 hours so that everyone could get home in time to get a comfort break. As someone who suffers from food allergies and other issues, it makes me much more willing to come to an event with an available toilet and that doesn't mean walking 400 yards up the road to the village hall.

Why is this different to previous times say late 1800's. People lived locally, they didn't travel so far. So they could pop back home or manage as they were a short walk away. I am sure the use of the churchyard was a more frequent activity and not frowned upon as nowadays. Working in the fields probably helped with better bladder control.

There are no biblical verses that I can think of regarding this issue. However much of Jesus' words in the New Testament were explaining how to update the words of the Old Testament and apply them to the 'modern' age of Jesus. This continued with many of the other New Testament writers. So I feel that in the 21st century that toilets can be put into churches. Many of the toilets locally are very sensitively located. Several in fact are planned such that you don't know they are there other than signage and word of mouth. If you are offering refreshments, or expecting people to travel distances or just wanting happy events that included all (including those of the weak bladder and other conditions) then a toilet seems the way to go.

Moirsa Saunders





QUIZ PAGE

1. How many bones are there in the human face - 4, 14, 24 or 34?
2. What was John Lennon's middle name?
3. Boris Spassky is a famous name in which sport?
4. When a surgeon performs a myectomy what is removed?
5. Which member of the Royal Family's Christian names include Elizabeth, Alice, Louise?
6. Which boy's name appears in most nursery rhymes?
- 7 According to the proverb, what can't you do if you don't speculate?
8. Zemmiphobia, equinophobia and bufonophobia are phobias relating to what?
9. Which is the longest book in the Bible - Joshua, Proverbs, Leviticus or Psalms?
10. MacKechnies Stores features in which popular TV drama?
11. Where did the catchphrase 'Are you sitting comfortably' originate?
12. 'Pure & Simple' was the number one debut single of which pop band?
13. How many bathrooms are there in Buckingham Palace - 28, 48, 78 or 108?
14. Ceilidh is the Gaelic word for what - dance, dream, entertainment or visit?
15. In Star Trek what is Captain James T. Kirk's middle name?
16. Which 1960's singer named his daughter Tulip after the song that made him famous?
17. Solve the following clues to flowers a) vulpine attire b) partygoer without partner c) Remembrance Day flower d) fragrant Prince.
18. Which district was designated as Britain's first National Park?
19. What is the 49th state of America?
20. What is the ideo locator on an outdoor map?
21. How did denim get it's name?
22. What are Rocky and Bull winkle in the children's cartoon?
23. How many US states have a land border with Mexico?
24. Why is it called plaster of Paris?
25. Which actor's name means 'cool breeze over the mountain's' in Hawaiian?

Answers: (1) 14; (2) Winston; (3) Chess; (4) Part of a muscle; (5) The Princess Royal; (6) Jack; (7) Accumulate; (8) Animals - the great mole rat, horses and toads; (9) Psalms; (10) Monarch of the Glen; (11) In the Radio programme 'Listen with Mother'; (12) Hear'Say; (13) 78; (14) Visit; (15) Tiberius; (16) Tiny Tim [the song was 'Tiptoe through the Tulips']; (17) a - foxglove, b - wallflower, c - poppy, d - sweet william; (18) The Peak District in 1951; (19) Alaska - Nimes, a fabric made in Nimes, France; (22) A squirrel and a moose; (23) Four - Arizona, New Mexico, California and Texas; (24) It was mined at gypsum quarries in Montmartre, Paris; (25) Keanu Reeves

School Answering Machine.

This is an old article but quite funny - no wonder some people were offended!

This is the message that the Pacific Palisades High School California staff voted unanimously to record on their school telephone answering machine.

This is the actual answering machine message for the school.

This came about because they implemented a policy requiring students and parents to be responsible for their children's absences and missing homework.

The school and teachers are being sued by parents who want their children's failing grades changed to passing grades - even though those children were absent 15-30 times during the semester and did not complete enough school work to pass their classes.

The outgoing message:

Hello!

You have reached the automated answering service of your school. In order to assist you in connecting to the right staff member, please listen to all the options before making a selection:

- To lie about why your child is absent - Press 1
- To make excuses for why your child did not do their work - Press 2
- To complain about what we do - Press 3
- To swear at staff members - Press 4
- To ask why you didn't get information that was already enclosed in your newsletter and several flyers mailed to you - Press 5
- If you want us to raise your child - Press 6
- If you want to reach out and touch, slap or hit someone - Press 7
- To request another teacher, for the third time this year - Press 8
- To complain about bus transportation - Press 9
- To complain about school lunches - Press 0
- If you realize this is the real world and your child must be **Accountable** and **Responsible** for their own behaviour, class work, home work and that it's not the teachers' fault for your child's lack of effort: Hang up and have a nice day!

Hallowe'en



The evening before the festival of All Hallows, or All Saints, on 1st November is Hallowe'en. On All Saints' Day, the souls of the Christian faithful are honoured and remembered. The church chose this day because the people had always remembered the dead at this time of the year.

In pre-Christian times, many people believed in ghosts and witches, and they were often afraid of the dark. These beliefs continued until quite recently, and they are still remembered in some of

the Hallowe'en customs. The traditions of wearing masks and of carving turnip faces lit with candles began as a way of frightening evil spirits away.

In ancient Celtic Britain, this time of the year was not only the beginning of winter, it was also the beginning of the New Year. Bonfires were lit on the hills to ward off the evil spirits and people gathered round the fires to feast and dance.

The ashes of the fires were sprinkled on the fields to ensure a good harvest in the coming year. This was intended as magic, but it probably did help the crops since the ashes contained chemicals which make the soil better.

Nowadays, we still light bonfires but these are usually only to burn the autumn leaves. In Britain, Guy Fawkes' Night has taken over the big bonfires. But in other countries there are still bonfires at Hallowe'en.

However, some of the old games are still enjoyed at Hallowe'en parties such as "Bobbing for apples" and "Swinging apples". In one game the apples float in water, and in the other they are hung on strings. The idea is to get a bite of one of the apples without touching it with anything but the teeth. Apple games go back to the Celtic belief that the branches of the apple tree helped dead souls to pass into their heaven.

Until the end of the last century Hallowe'en was sometimes known as "Mischief Night". Young people would play tricks on their neighbours. Today they will ask for a bribe to stop the tricks. They knock on the door, and ask "trick or treat?" Usually they are given a treat of sweets, home-made cakes or savouries.

Barton Bendish Community Library and Second Hand Bookshop



Open every day 10am – 4pm
St Andrew's Church
PE33 9GF

Everyone, including people from
surrounding villages, welcome to
borrow or buy books

Beachamwell

24 Public Rights of Way? Where are
they?

Come and explore with the
Wednesday Walkers

On the first Wednesday each month,
leaving the Memorial Hall at 10.00 a.m.

All welcome

dogs on leads please



Enquiries:
01366
328452

Barton Bendish Community Hub

Wednesday
October 2nd; 9th; 16th; 23rd; 30th
afternoon from 2 – 4pm.

This event offers you a chance to
chat and meet people and to bring
hobbies and craftwork with you.

There is no charge.

ALL WELCOME

Look out for our new Facebook page: St
Andrew's Church, Barton Bendish

Enquiries:

acstephen@hotmail.com

01366 347549

Beachamwell Book Group

Tuesday 1st October

7.30

Beachamwell Village Hall

Book to be discussed over a glass of
wine

'Sweet Sorrow'

By David Nicholls

New members welcome

Enquiries: 07808 581 068

Beachamwell



St. Mary's Church

**Harvest Service
on the Green**

[If wet in the Village Hall]

**Sunday 13th October
11.00am**

Followed by Lunch

Enquiries 01760 708 177

*in aid of St Mary's Beachamwell,
Donations of Produce Accepted
for the Food Bank*

Beachamwell



**Afternoon Tea and a
Chat.....'**

**Wednesday
October 16th
2 - 4pm
Village Hall**

Enquiries: 01366 328108

Barton Bendish Quiz



**Saturday 19th
October
7.00**

Village Hall

Tickets £5

Bing your own refreshments
Tea/Coffee provided

Bookings:

bartonbendishevents@gmail.com

or

01366 347563 (Linda & Tim)

01366 347983 (Janice & Chris)

**Proceeds in aid of St Andrew's
Church**

Beachamwell



Pop Up Pub

Friday 25th October

**7.00pm until
Last orders 10.30**

Village Hall

Enquiries: 07818 453 323



All Saints Church, Wretton PE33 9QR
10am First Saturday of each month

Pop in and pick up a hot drink
You can bring your eco cup
Or stay and sit & chat for a while
Meet other locals



October 5th
November 2nd
December 7th

What's happening

Barton Bendish Remaining Events 2024

Harvest Breakfast	Sat 19 th Oct	9.30am	Hall
Quiz Night	Sat 19 th Oct	7.00pm	Hall
Pop Up Café Dementia UK	Fri 25 th Oct	12 – 3pm	Hall
Remembrance Service	Sun 10 th Nov	10.30am	Church
Pop Up Café British Legion	Wed 13 th Nov	12 – 3pm	Hall
Wreath Making	Wed 20 th Nov	2.00pm	Hall
	Thurs 21 st / Frid 22 nd	7pm	Hall
	Sat 23 rd Nov	2.30pm/7pm	Hall
Carols at Christmas	Sat 7 th Dec	4.00pm	Church
Victorian Evening	Sun 15 th Dec	6.00pm	Hall

Entrance is free, but to avoid disappointment you can book your place with Mhari (347849) or Linda (347563) We are always looking for new people to come and join us. Everyone very welcome Refreshments will be served



BARTON BENDISH & EASTMOOR VILLAGE NEWS

Notes From Barton Bendish for October

“Too often we underestimate the power of a touch, a smile, a kind word, a listening year, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” Leo Buscaglia (*This is very true...but often forgotten Ed*)

It's been a time for cafes and Barton Bendish this month as Autumn begins to take a gradual hold in this most beautiful of places. I have resisted lighting a fire so far, or putting the heating on but it won't be long I'm sure. We have at least had some of the rain we needed and some dazzling sunsets. The children are back at school and this is the time for many of us to get out and about.

The main event in recent times was the Macmillan Pop Up Café and Coffee Morning which raised £625 for Macmillan. The event began very slowly but, as lunchtime approached, the waiter could barely cope with the demand for meals. I am always astonished that such a small village can achieve so much. It shows what happens when people work together and so tirelessly to provide such opportunities. By the time you read this, another Art, Photography and Craft Exhibition and Sale, will have come and gone. I know that there are many exhibitors and crafters involved in this year's event and I have no doubt that , thanks to the Movers and Shakers, it will be another enormous success.

We have had Community Breakfasts, with another coming up soon, The Community Hub most weeks on a Wednesday and the Barton Bendish Breakfast Club which meets on the first Friday of the month at the Bedingfeld. It is always one of life's great pleasures to break bread with our neighbours. There is no better way of getting to know people or to build a sense of community. I can't say too often that everyone is welcome to these events. The principle behind all of them is that we do best when everyone feels included. I hope that we are making progress in that direction.

I was fortunate enough to obtain a grant for £5,000 from the Norfolk Community Foundation - Love Norfolk Fund 2024. Without it the Hub couldn't run. Because of it, any event which could be of benefit to the community can be considered. I am delighted to see the advent of a new Gardening Society in the village and I wish it well. Let us know what you think might be a good use of our Grant and if you have a good idea, apply to the Village Hall Trustees who administer the money.

Finally, for those who like a bit of exercise, could I commend the Stoke Ferry Walkers which meet each Monday at 10 am on Stoke Ferry playing field. They generally walk about four miles before taking refreshments in the pavilion there. Like us, they welcome everyone and extend the hand of friendship which we all need.

Be mellow.

Andrew Stephen



BARTON BENDISH & EASTMOOR VILLAGE NEWS

NEW Gardening Discussion Group

Maureen and I have had the idea of holding informal monthly meetings during the winter where gardeners can get together to exchange, notes, ideas and tips. To have a professional gardener within our midst would be a bonus and non-gardeners are very welcome to come along as well.

Thanks to The Norfolk Community Foundation - Love Norfolk Fund 2024 there will be no charge for these meetings.

If you are interested please join us for the inaugural meeting on Tuesday 15th October at 7.0pm in Barton Bendish Village Hall (PE33 9GF) and thereafter on the second Tuesday evening of each month.

Jill Mason e-mail jill.events@btinternet.com

Barton Bendish
GARDENING DISCUSSION GROUP
IF YOU'RE INTERESTED IN EXCHANGING NOTES, IDEAS AND TIPS
PLEASE JOIN US ON TUESDAY OCTOBER 15TH AT 7PM
IN THE VILLAGE HALL

Thanks to The Norfolk Community Foundation - Love Norfolk Fund 2024
there will be no charge for these meetings.

Barton Bendish Poor's Allotment Charity – Grants Available

Did you know that the Barton Bendish Poor's Allotment Charity offers grants to residents all year round? If you need essential items like household goods, medical equipment, travel costs to hospital, or school uniforms, you can apply for financial assistance.

To apply, simply download the **grant application form** from the PC website:

<https://bartonbendish-pc.gov.uk/barton-bendish-poor-charity/>

Ensure you provide a detailed quotation for the requested item and confirm your eligibility by indicating if you:

- Receive means-tested benefits
- Receive a state pension with no other income
- Receive non-means-tested benefits
- Are experiencing a financial crisis

For more information, refer to the Frequently Asked Questions section included with the application form. Make sure to attach all required documents and send your completed application to bbpoorscharity@yahoo.com.

Remember, this grant scheme is open all year round. Don't hesitate to apply if you need support! **Sharon Sweet**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Mobile Post Office

Monday and Thursday 13.00 – 13.15: Tuesday and Wednesday 11.10 – 11.30

Beachamwell St Mary's PCC

So, the month of August was taken up with the PCC explaining, in writing, why we wished to have the wall memorials and war memorials from St Mary's restored as a concurrent, insured activity offsite. This has delayed restoration work but hopefully not deferred it and we still hope to be nearly across the line and finished by September 2025 - we await the Ely Chancellor's decision.



Meanwhile, on a much more positive note, we had a great day at the biennial Beachamwell fete on Sunday 1st September. The PCC set up a second-hand jewellery stall [see photo] which appeared very popular and raised around £97 with a further £30 in donations – thank you. We also produced a new line of T-shirts, two designs, one with the Beachamwell 'devil' and the other simply I love Beachamwell. Orders were taken for both designs at

£10 per copy. (Anyone interested in placing an order should contact the PCC).

During the day, the church was also manned by a Churchwarden and visited by groups of fete goers seeking a bit of cool respite from the hot weather. There was a great deal of interest in the restoration and future plans, many had visited the church in its various stages of restoration to see the progress made.

Our next service is the 11am Harvest Festival service on the 13th October, there will be homemade soup and rolls for lunch after it. All are invited, whether or not you came to the service. We would like to thank the whole community for their support as we work to bring St Mary's back into service.

Peter Berendt (Church Warden)

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Churches Cycle Ride We were delighted to welcome the thirteen Visitors who stopped for refreshments, and two dogs. (many more cyclists and motorists passed through the village during the day, but did not call at the village hall although they may have stopped at St. Mary's) A particular *thank you* from us all to Tony Mills who having taken our monthly service on the green, cycled off into the blue on behalf of St. Mary's

Sue Pennell (Churchwarden)

Wednesday Walkers – September 2024

The Walkers were off to foreign climes (without passports) this September as they stepped into the parish of Barton Bendish!

The group of ten explored the footpaths beyond the Green Drove on a very warm morning. They discovered where the juiciest blackberries were growing and mental notes were made to come back to harvest them. The field edges still displayed late flowering scabious, knapweed and marjoram. Butterflies too were still on the wing. But what were they? Common Blues was the answer. And how do you tell Commons from Holly Blues? This is how:

Common Blues have patterns and orange marks on their closed wings:



Holly Blues have black dots and lines on theirs:



The circular walk covered nearly four miles.

We meet again on Wednesday, 2nd October, at ten o'clock at the Village Hall on the green at Beachamwell, and should love you to join us.

Sue Pennell

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Parish Council



The Parish Council met at 3pm on the 3rd September. Peter Wilkinson the District Councillor reported that Breckland will soon be consulting on the introduction of Parking Fees on their car parks – the consultation will be publicised on the Parish Council facebook page to allow residents to offer their thoughts. Recycling charges are also due to be introduced at the recycling centres. The Clerk has been asked to obtain a large

scale definitive map so that footpaths used within the Parish can be checked and any that are in regular use but not recorded can be added. The Village Hall committee are looking at replacing the current play area on the Village Green, and the Council is keen to support this, please do keep watch, there will be a consultation in due course, and the success of funding applications will depend upon community involvement. Council had asked if there was any interest locally in developing a Neighbourhood Plan, and there hasn't been any local interest, so this will not be pursued at this point. The Council was sent some historical postcards, these have been put onto the website, facebook, and will be framed and displayed in the village hall. There will shortly be some tree work on the village green – this is as recommended following a tree survey, and will be as minimal as possible, but needs to take place for safety reasons. Throughout the year Council receives complaints regarding overhanging hedging and trees when they impede pedestrians and vehicles. If you have vegetation adjacent to a public thoroughfare please could you take the autumn opportunity to cut this well back – If there are any particular areas of concern please report them to the Clerk and she will pass this along to highways who are empowered to undertake the work and bill the property owner. The next meeting will be November 5th at 3pm, followed by January 7th 2025 at 3pm.

Sarah Hunt [Parish Clerk and Responsible Financial Officer]

07355694133 beachamwellparishcouncil@gmail.com

Must See Art Exhibition

Two members of Beachamwell Art Group, Eleanor Spencer and Mandy Hill, are holding their first joint exhibition at Gressenhall Reading Room (NR20 4DT) on Saturday 19 & Sunday 20 October 10am-4pm. They are being joined by local artist Bethany Green and the work on show will include original prints and a range of paintings in oil, pastels, watercolour, acrylics and gouache. Light refreshments available. **Leah Spencer**

BEACHAMWELL, SHINGHAM & DRYMERE VILLAGE NEWS

Beachamwell Village Hall

Wow! What a fantastic day we had for the fete at the beginning of the month. The weather was on our side meaning all the gazebos and green set up could be done on the Saturday.

Sunday morning and the green slowly filled up with stall holders and the BBQ lit and we were off!! Dogs barking was interspersed music from The Misfit Mollies, cake was being eaten and tombola prizes won. And then it was over.... the day's profit was just over £4,000.

Thanks must go to all who helped in the lead up to the fete, those who helped on the day and those who cleared up afterwards. Special thanks to Heygates for providing the skip, Buddy and Lola for sponsoring the dog show prizes and Liz Devery for judging the dog show.

October's pop up pub will be on Friday 25th doors opening at 7pm and last orders at 10.45pm.

Cathy Friend

I would like to send my heart felt thanks to the incredible people whose unflinching help leading up to the 'Event', set the foundations to a very successful day. With Mary's 'A' team on the day sealed the smooth running and helped raise a substantial amount for the village hall.

Hopefully I'll see you all at the next pop-up pub where we can raise a glass? Thank you all once again.

Geraldine Warner



BEACHAMWELL VILLAGE HALL

POP-UP PUB

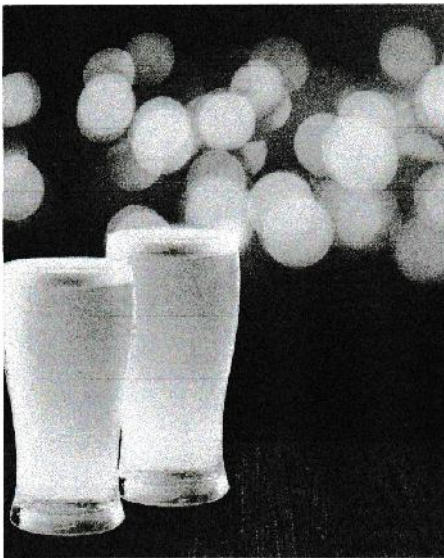
4TH FRIDAY OF THE MONTH
FROM 7PM, UNLESS OTHERWISE STATED



OCTOBER
FRIDAY 25TH

NOVEMBER
FRIDAY 22ND

DECEMBER
FRIDAY 20TH
TUESDAY 31ST



Save the Date

New Year's Eve

31st December 2024

Join in with your fellow villagers, family and friends and toast in the New Year.



BEACHAMWELL VILLAGE HALL

COMMUNITY NOTICE BOARD

MOBILE LIBRARY VISITS

DATE	VILLAGE	LOCATION	TIME
Tuesday ? October	Barton Bendish	Hatherley Gardens	11:10 am
Tuesday ? October	Beachamwell	Old Post Office	09:45 am
Tues day ? October	Drymere	Telephone Kiosk	09:45 am
Tuesday ? October	Boughton	Mill Road	10:45 am
Friday ? August	Wereham	Queen's Close Village Hall	12.25 am 12:45 am

For services to all 'Group 4' villages ring Mobile Library Information on 01362 693184 or 01603 222303 or look at the website - <https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/your-local-library/mobile-library-routes-and-timetables>

MARKETS - Farmers' and Indoor

Ely (Farmers')	Second and Fourth Saturday each month 8.00am to 2.00pm
Fakenham (Farmers')	Fourth Saturday each month 8.30am to 12.00pm
Kings Lynn (Farmers')	Second and Fourth Saturday each month
Swaffham (Indoor)	Every Friday 9.00am to 1.00pm
Wisbech (Farmers')	Alternate Fridays 8.30am to 2.00pm

For information:- www.farmersmarkets.net or your local Tourist Information Office. Check to see if they are actually taking place.

VILLAGE, COMMUNITY and PARISH HALL BOOKINGS

Barton Bendish	Mary Simons	01366 347 790
Beachamwell	Cathy Friend	01366 328892
Boughton	Pam Wakeling	01366 500429
Wereham	sara.villagehallwereham@ Gmail.com	01366502214



Rural Dial - a - Bus

We offer a Rural Dial - a - Bus weekly service from a variety of villages into local towns. All our vehicles are wheelchair friendly and we provide a door to door service. Please see timetable below for the day of the week each service runs and the destination.

<u>Village</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesda y</u>	<u>Thursday</u>	<u>Friday</u>
Beachamwell		Swaffham			
Cockley Cley		Swaffham			
Crimplesham				Downham	
Drymere		Swaffham			
Feltwell					Brandon
Foulden		Swaffham			
Gooderstone		Swaffham			
Hockwold					Brandon
Methwold				Downham	Brandon
Northwold				Downham	Brandon
Oxborough		Swaffham			
Sauthery	Ely *				Downham
Stoke Ferry				Downham	
Weeting					Brandon
Wereham				Downham	
Whittington				Downham	
Wretton				Downham	

Locations marked with a * are not every week.

Please call us on 01553 770310 for more information on dates and times
for our Rural Dial-a-Bus

Volunteer Community Car Scheme

Our Community Car Scheme offers short or long-distance transport for medical or wellbeing appointments with our friendly volunteer drivers. All Volunteers are DBS checked and transport is provided from 50p a mile. For more information or to book transport please call 01553 770310

Volunteers Needed

We urgently need volunteer drivers to help out a busy charity to provide transport around West Norfolk. Mileage is paid.



OCTOBER 2024 CHURCH SERVICES WISSEY GROUP



Sunday 6th October 19 after Trinity

9.30 am	Wretton/Stoke Ferry	Holy Communion
11 00 am	Methwold	Harvest Festival
04.00	Wretton/Stoke Ferry	Animal Service
6.00pm	Wereham	Evensong
6.00pm	Barton Bendish	Evensong

Sunday 13th October 20th after Trinity

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Celtic Service
9.30 am	Whittington	Service of The Word
10.00am	Boughton	Breakfast Church
11.00am	Beachamwell	Outdoor Harvest Service
3.00pm	Wereham	Animal Service

Sunday 20th October 21st after Trinity

9.30 am	Methwold	Holy Communion
9.30 am	West Dereham	Holy Communion
9.30 am	Wretton/Stoke Ferry	Service of the Word
11.00 am	Wereham	Holy Communion

Sunday 27th October Last Sunday after Trinity

9.30 am	Methwold	Service of the Word
9.30 am	West Dereham	Informal Breakfast Church
9.30 am	Whittington	Holy Communion
11.00am	Boughton	Holy Communion

Every Sunday 6.30 pm online service West Dereham Cell

Details of all Services on Wissey Valley Benefice Website

<https://www.wisseyvalleybenefice.co.uk/>

Midweek Services

Tuesdays	5.00pm	Methwold	Evening Prayer
Wednesdays	9.00 am	Wretton /Stoke Ferry	Morning Prayer
Thursdays	8.30 am	Methwold	Morning Prayer
Thursdays	9.30 am	Wretton/Stoke Ferry	Holy Communion
			[not 3rd week]
3rd Thursday	10.00	Boughton	Holy Communion

Weekly Online Services

Tuesday	5.00 pm	Prayer Group: Wednesday 5.30 pm	Compline
Sunday	6.30pm	West Dereham	

Full details from janet.tanton@gmail.com or pickwickclub.cc@btinternet.com



OCTOBER 2024 CHURCH SERVICES PRIORY GROUP



Sunday 6th October 19th after Trinity

9.30am	Runcton Holme	Holy Communion
11am	Shouldham	Morning Prayer
11am	Marham	Holy Communion
6pm	Online & Phone	Evening Prayer

Sunday 13th October 20th after Trinity

9.30am	Shouldham Thorpe	Holy Communion
11am	Fincham	Morning Prayer
11am	Marham	Morning Prayer
11am	Stow Bridge	Holy Communion
11am	Watlington	Holy Communion
6pm	Online & Phone	Evening Prayer

Sunday 20th October 21st after Trinity

9.30am	Wormegay	Holy Communion
11am	Marham	Morning Prayer
11am	Shouldham	Holy Communion
6pm	Online & Phone	Evening Prayer

Sunday 27th October Last after trinity

9.30am	Fincham	Holy Communion
11am	Marham	Morning Prayer
11am	Wimbotsham @ Stow	Holy Communion
6pm	Online & Phone	Evening Prayer

Details of all Services to be found at [https://www.westnorfolkpriorygroup.co.uk/Groups/381492/West Norfolk Priory.aspx](https://www.westnorfolkpriorygroup.co.uk/Groups/381492/West%20Norfolk%20Priory.aspx)

Midweek Services

Wednesdays	10.00 am	Watlington	Morning Prayer
1st Thursday	10.00 am	Runcton Holme	Holy Communion
2nd Thursday	10-12 am	Marham	5 minute Morning Prayer then Coffee Morning



CHURCHWARDENS AND CONTACTS

WISSEY VALLEY GROUP

Barton Bendish:	Mhari Blanchfield	01366 347 849
	Linda Webster	01366 347 563
Beachamwell	Peter Berendt	01760 708 177
	Sue Pennell	01366 328 452
Boughton:	Pam Wakeling	01366 500 429
Methwold	Alan Burbridge	01366 727 002
West Dereham	Graeme Pressley	01366 501 179
Wereham	Karen Sams	01366 501 428
	Sheila Smith	01366 858 165
Whittington	Susan Smith	07849 157 080
Wretton	Anita Horgan	01366 500 785
Whittington & Wretton	Elaine Taylor	01366 500 948

PRIORY GROUP

Fincham	Cathy O'Brien	01366 347 279
Marham	Philip Fay	01760 444 199
	Glenda Jayes	01760 339 688
Shouldham [Key Holder]	Alex Gammie	07803 248 230
ShouldhamThorpe	Gordon Reid	01366 347 253



ONLINE SERVICES IN OCTOBER

Weekly Online Services

Sunday 6.30 **Service of The Word (West Dereham Cell)**

Tuesday 5.00 **Prayer Group**

Wednesday 5.30 **Compline**

Full details (including the links) from janet.tanton@gmail.com or
pickwickclub.cc@btinternet.com

BOUGHTON VILLAGE NEWS

Going Batty in Boughton

Bats – the only true flying mammal – are amazing creatures, making up a fifth of all mammal species worldwide. Of the 1400 bat species found globally, 17 breed in the UK and 12 of those are found in Norfolk.

Globally, bats are important pollinators, disperse seeds and help reforestation. All British bats help control insects by feeding on them (one pipistrelle can eat up to 3000 insects in one night), providing a free pest-control service to agriculture and gardeners. In the UK, bats are biodiversity ‘indicator species’, because their presence (or absence) can tell us a lot about the state of the environment and the wider health of the UK’s wildlife.

Surveying helps inform us about what species of bats are where, so that they can be better protected. Sadly, bat populations have declined significantly in the UK over the last century, and four of the 11 British mammal species at imminent risk of national extinction are bats. They are threatened by building work affecting roosts, loss of habitat, the use of chemical treatments, and – especially – pesticides, which kill their food source. Hedgerow and wood destruction also has a big effect: in Norfolk, a super colony of Barbastelle bats is threatened by the proposed NDR ‘Western Link’ dual carriageway road, which is strongly opposed by the Norfolk Wildlife Trust and many other conservation organisations.

As part of Boughton Parish Council’s new programme to raise awareness of Boughton’s biodiversity, and to engage with residents in order to better conserve it, we carried out the first village-wide bat survey in early September. Different bat species have different ‘voices’, which we can detect and use to identify them. Using specialist recording equipment kindly loaned by the British Trust for Ornithology (BTO), we recorded ultrasonic bat calls on 11 different nights, in a range of weather conditions.

Many residents volunteered their gardens for surveys (thank you!) to help us get a real understanding for the first time of what bats are present in Boughton, how they’re distributed, and in what numbers.

The results were fascinating. The most common bats by far in Boughton’s gardens and open spaces were the Common Pipistrelle, which were recorded throughout the night at all locations. But we also recorded significant numbers of Soprano Pipistrelle, Brown Long-eared Bat, Noctule Bat and Serotine Bat. In addition, there were observations of small numbers of Natterer’s Bat, Daubenton’s Bat, Nathusius Pipistrelle, Leisler’s Bat, and the endangered Barbastelle Bat – a thrilling find. We also had single observations for a Brandt’s

BOUGHTON VILLAGE NEWS

Bat and a Whiskered Bat. So, all 12 of Norfolk's bat species seem to be present in, or transit, Boughton – a find we'd never imagined before running the survey. As well as learning a considerable amount about Boughton's bats, and contributing important data to the BTO's bat research, our survey was a fantastic way to meet and engage with friends and neighbours, and communicate a shared passion for nature and conservation. To protect something, you of course first need to know it's there. The bat survey has given us the tools to do that. Boughton residents have long talked about 'our ducks'. Now, I'm sure, we will start talking fondly about 'our bats' too, and, hopefully, how we can best help look after them.

Phil Boyle

Harvest Supper

We had a very enjoyable Harvest Supper in Boughton on the 20th. Numbers were slightly depleted because of unforeseen circumstances ie covid, flu jab etc, but thanks largely to Carol and Moira we were all well fed. Thanks to those who contributed food and towards the cost of meat, etc. The church was decorated simply but effectively. The actual Harvest Festival service was disappointingly low in attendance, but a collection was made for Farm Africa. Many thanks to all those in the village who left goods for the foodbank, which will be taken to Downham later this week.

Pam Wakeling (Church Warden)



WEREHAM VILLAGE NEWS

Wereham Parish Council

Next Meeting Date Monday 11th November 2024 at 6.30 pm, Ordinary Meeting of the Parish Council

Agenda items must be received before the end of the month prior to each meeting, items received after this time will not be possible to discuss. Please send to the Parish Clerk at werehampc@gmail.com. The Agendas for meetings are always published on the Wereham Village Notice Board three clear days before the meeting (seven annual meetings), and notified via the Wereham Parish Council Facebook Page and on the website www.werehamparishcouncil.co.uk You will also find minutes of all meetings here too. Please check the Wereham website in case the date needs to be changed for any reason.

Wereham Cemetery, The Row – Interment Area - The Parish Council would like to trace the family/next of kin for some of the interment ashes plots in the Wereham Cemetery as it would like to make improvements Autumn 2024, with gravel inlay and edging. If you are next of kin or know family of those loved ones in the interment area of the Wereham Cemetery, The Row please contact the Parish Clerk, contact details below. The Parish Council would like to seek endorsement from the next of kin for the improvements prior to going ahead.

Highways – Paths and Roads – Defects Please report anything that you see verges, trees, pot holes, main holes, drains to Norfolk County Council Highways via their defects page of their website. You need to set up a login, and once on the site you can easily report issues and upload pictures of the issue. They will then arrange inspection. You are also able to track the report. The Parish Council will report issues that it finds, but if residents do this also we can increase the repairs that we need doing.

<https://apps.norfolk.gov.uk/HighwaysDefect/>

Helen Richardson

Wereham Parish Clerk and Finance Responsible Person

Email werehampc@gmail.com or Phone/Text: 0779 500 6811



WEREHAM VILLAGE NEWS



Community Café - open Monday to Friday, 10am to 2.30pm.

Hot and cold drinks, biscuits, crisps and chocolate bars on sale, plus other snacks when available. FREE WiFi access.



REGULAR EVENTS at WEREHAM VILLAGE HALL (with dates for October 2024)

Church Road, Wereham, PE33 9AP - Registered Charity No: 1168472

01366 502214 www.werehamvillagehall.co.uk

villagehallwereham@gmail.com

Monthly Pop-up Café - Tuesday, 1st October, 10:45am-1pm. Home-made Soups (Chunky Vegetable or Butternut Squash) served with a fresh bread roll, £3.50; Home-made Cake or pastry with a Hot Drink, £3.

Monthly Indoor Car Boot Sale & Cafe - Sunday, 6th October, 8am-1pm.

Call Philip on 01366 501330 or 07759 033492 to book your stall, £5 including table.

Regular Weekly Events:

MONDAYS:

LITTLE MOVERS, 10:15-11am, contact Heather on 07881 998780;

SHORT MAT BOWLS, 7:30-9:30pm, contact Philip on [01366 501330](tel:01366501330);

TUESDAYS:

PILATES, 9:30-10:30am, contact Christine on 07796 102677;

MULTI-SPORT MASH-UP (5-12yrs) - FREE classes - contact community@alivestnorfolk.co.uk

EARTH & ETHER YOGA, 7:00-8:15pm, contact Gemma on 07943 848431;

WEDNESDAYS:

ZUMBA GOLD, 9:30-10:30am, contact Domonique on 07769 341680;

BINGO, 6:45-9:00pm (eyes down 7:30), contact Diane on 01366 500798;

THURSDAYS:

LINE DANCING, 9:30-11:00am, contact Ron on 01406 350732;

SHORT MAT BOWLS, 2:00-4:00pm, contact Philip 01366 501330;

FRIDAYS:

ZUMBA GOLD - 9:30-10:30am, **STRETCH, STRENGTH & RELAX** - 11:00am -Noon,

FIT & FABULOUS SEATED FITNESS - 12:30-1:30pm, contact Domonique on 07769 341680;

LITTLE RUGGERS (4-7yrs) - 5:00-6:00pm, contact Liz on 07951 713 837;

Monthly **SOUNDBATH** event - **Soothing Sunday Soundbath** on Sunday, 6th October, doors open at 7pm with the soundbath starting at 7.30pm. To book your place or for more information, please go to robynwren.co.uk/soundbaths

WEREHAM VILLAGE NEWS

The fortnightly **PAINTING CLASSES** with professional artist Jill Olenski, on Wednesdays (between 12pm and 3pm) are back on the 2nd, 16th and 30th of October. Please contact the Village Hall for info.

The monthly get together of **WEREHAM CRAFT GROUP** is on Tuesday, 8th October, 10:30am-12:30pm. Contact Rosemary on 01366 501330 for information.

The monthly **MAKE AND MARDLE** is in the foyer on Tuesday, 15th October, 10am-Noon. Just turn up with your knitting, crochet or other craft and enjoy a chat and a cuppa with like-minded people, who will help you to learn new skills too if you wish! Free admission. Call Rosemary on 01366 501330 for more info. For the **COMMUNITY COMPUTER SERVICE** please check our Facebook page, website or notice boards (or call the office) for info on classes/workshops.

Friends of Wereham Village Hall is a group of volunteers which organises events

to entertain the community while raising funds for the upkeep of the Village Hall. We would welcome people, of all ages, with fresh ideas and willing hands, to join our happy band of volunteers. We need more friends! If you'd like to get involved please call Doreen on 01366 500218. The next meeting of the FOWVH is on Monday, 21st October, 6.30pm, in the Community Room at the Village Hall.

In October there are a couple of 'different' events at the Village Hall, in addition to all the regular happenings ...

On Sunday, 12th October, from 2-4pm, take the opportunity to take care of your wellbeing through **Creative Writing with Mindfulness**. Your hosts will be Gilly Beckett, a passionate writer and tutor with a Masters in Creative Writing and Wellbeing; and Sally Storr, a psychologist and coach to adult students.

£20 per person. To book, or for more info, call Sally on 07837 752163 or Gilly on 07981 952868 or email sallyastorr@gmail.com or gillyannebec2@icloud.com

On Thursday, 24th October, in collaboration with a contact in Shouldham, Creative Arts East and The Pentabus Theatre Company, we have a brand new musical production, **Make Good**, based on the stories of the Post Office/Horizon IT scandal. Pentabus are based in Shropshire, specialise in stories rooted in rural locations and present high quality performances - the show will be opening the week before in Ludlow, so our show will be the first date on the tour!

"This musical is full of feeling. And that's what we need to portray to people now, so that they can feel and understand what we felt, all the heartache that we went through. The songs bring so much to the story, they're heartfelt and there's humour in it too, it's funny. It made me smile as well as being touching." Subpostmaster. The Performance starts at 7.30pm, tickets are £10 (with limited free tickets available for Under 25s). There will be a bar available too. To book go to www.ticketsource.co.uk/shouldham-entertainments-committee

www.ticketsource.co.uk/shouldham-entertainments-committee

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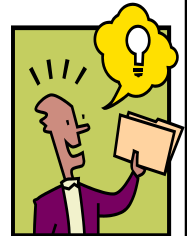
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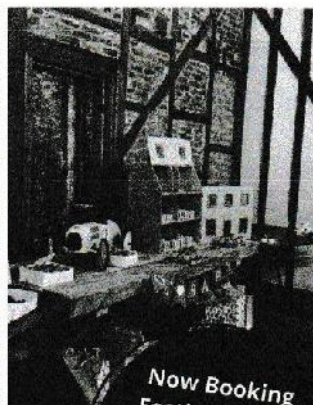


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sugar syrup
- 25ml** Double cream
Fresh Strawberries

Method

1. Make a syrup of 50gms of white sugar & 25gms of water. Warm gently & stir until all the sugar has dissolved. When cool, add 50gms of hulled, fresh strawberries & crush into the syrup. Leave to infuse for an hour then strain.
2. Add the Chocolate Martini, sugar syrup & cream to a cocktail shaker with plenty of ice. Shake until chilled and then double strain into a Martini glass.
3. Garnish with a strawberry.

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Volunteers Needed!



**Do you remember those early years?.....
Sleepless nights, tantrums + teething.**

If you have parenting experience Home-Start Swaffham & District would love to hear from you. We have families waiting for support and all we ask is for a couple of hours a week commitment. We offer a prep course accredited through the Open College Network which takes place one day a week for 10 weeks. Term time 10am-2pm. So, if you think you can make a difference to a family needing a little help call us today to find out more.

Volunteers will be subject to an enhanced CRB check. We are also looking for trustees, for more info contact us on:

Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB
Tel: 01760 721 271
Email: admin@homestartswaffham.org.uk



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@AnnieTheVetNurse

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Sleepless nights, tantrums + teething.**

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Volunteers will be subject to an enhanced CRB check. We are also looking for trustees, for more info contact us on:

Home-Start Swaffham & District
The Community Centre, Campinglands,
Swaffham, PE37 7RB
Tel: 01760 721 271

Email: admin@homestartswaffham.org.uk



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7.30pm Improvers

Wednesday Evening Tottenhill Village Hall:

6.30pm Puppy Class

7.30pm Improvers

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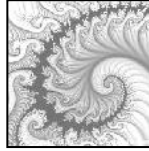
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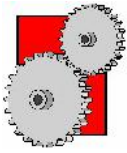
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